

# Recipe

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## Creamy Pollock Chowder

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Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

### Format 1: The “Mise-en-place” & Execution Flow

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*Best for:* Ensuring you have everything ready before you start the heat.

#### Mise-en-place:

- **The Fish:** 1 lb Pollock Filets (2-inch chunks).
- **The Base:** 3 Russet Potatoes (diced small 1/2"), 3 Celery stalks (diced), 1 Onion (diced).
- **Liquids:** 2 cups Seafood Stock, 1 can (13.5oz) Coconut Milk (Full Fat).
- **Flavor & Veg:** 1 cup Corn, 1 tsp Old Bay, Salt/ Pepper.
- **The Side:** 1 lb Brussels Sprouts (halved).

#### Execution:

1. **Roast:** Oven 400F. Brussels sprouts w/ oil & salt (20-25m).
  2. **Sweat:** Pot, med heat. Onion & celery (5m).
  3. **Boil:** Add stock, potatoes, Old Bay. Boil 10-12m (until tender).
  4. **Enrich:** Add coconut milk and corn. Bring to return simmer.
  5. **Poach:** Add fish chunks. COVER. Turn Heat OFF (or very low). Sit 5-7m.
  6. **Serve:** Gentle ladle (save the chunks). Side of crispy sprouts.
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### Format 2: The “Flavor Layers” (Step-by-Step Build)

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*Best for:* Understanding the sequential build-up of flavors.

1. **ROASTED Layer:** The side of Brussels sprouts provides caramelized bitterness to cut the creamy soup.

2. **SAVORY Layer:** Onion, celery, and seafood stock build the traditional chowder backbone.
  3. **SPICE Layer:** Old Bay adds celery salt/paprika/hard spices that define “seafood chowder.”
  4. **CREAM Layer:** Coconut milk provides rich, dairy-free fat that coats the palate.
  5. **DELICATE Layer:** The fish is poached gently at the end so it remains flaky and moist, not rubbery.
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### Format 3: The “Chef’s Shorthand” (Tactical)

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*Best for:* Quick glances while cooking.

- **Oven 400F:** Roast Brussels Sprouts.
  - **Sweat** veg base.
  - **Simmer** potatoes in stock + spice (12m).
  - **Add** Coconut milk + Corn.
  - **Drop** Fish in. **COVER & OFF**.
  - **Wait** 7m. Serve.
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### Format 4: The “Timeline” (Parallel Processor)

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*Best for:* Optimization and multi-tasking.

Time	Action	Notes
T-30	Oven	Preheat 400F. Prep Brussels.
T-25	Roast	Brussels in oven.
T-20	Base	Sauté onion/celery.
T-15	Boil	Add stock/potatoes. Cook till soft.
T-05	Cream	Add coconut/corn. Heat up.
T-05	Poach	Add fish. Heat OFF. Cover.
T-00	Eat	Fish is cooked, sprouts are crispy.

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## Format 5: The “Sensory Script” (Audio-Visual)

*Best for: Cooking by feel and intuition.*

- **SMELL:** Sweet coconut mixed with the savory brine of the seafood stock.

- **TOUCH:** Potatoes should crush easily against the roof of your mouth.
- **LOOK:** The soup should be creamy white/yellow. Brussels sprouts should be dark brown/crispy.
- **TECHNIQUE:** Do not boil the fish vigorously! It will disintegrate. Gentle poaching keeps the chunks distinct.